




EXERCISE

Low Impact exercise program with chairs, weights & music.

Mon, Wed & Fri
9:30am

Leader, Mary Rivera




Healthy Lifestyles

Our Motto:
“Eat Healthy, Lose Weight, Enjoy Life, Be Happy”!

We offer a weight loss program which has a reputation of great success.

Tuesdays @ 8:30am



NEW AT THE MAC

Tuesdays @ 1pm in dining room. No sign up required, no charge.



ASSORTED CARDS & GAMES

\$2
Playing Fee

MONDAY & FRIDAY	
Pinochle	12:30 - 3:30
Ping Pong	1:00 - 3:00
TUESDAY	
Cribbage	1:00 - 3:30
WEDNESDAY	
Euchre	12:30 - 3:30
Ping pong	1 - 3
THURSDAY	
Bridge	Noon - 3:30
Mahjong	12:30 - 3:00
Bingo	1:00 - 3:00
FRIDAY	
Pinochle	12:30 - 3:30
Ping Pong	1:00 - 3:00

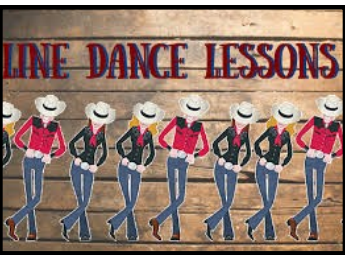


PING PONG

Four state of the art tables
Men & women play Monday Wednesday & Friday around 1pm. Stop in and give it a try!

Participation is \$2.00

Membership is required after 2 visits



Lessons by Mary Ann Robinson

MONDAYS
10:30 - 11:30
Township Hall


\$2 Members
\$4 Non-members

Walk-ins accepted
Please sign in with the office.



WOW!

18 participants and great gifts. I think everyone left with the gift they wanted to win including one in particular who stole their own gift



All of the mittens, hats, scarfs were such a blessing for those in need. A portion went to “Nest Café”, in Rock Island.

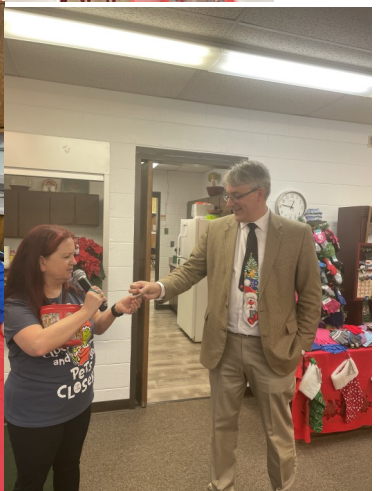


THEIR MISSION is to nourish bodies and community by providing delicious, sustainably sourced food to all who enter regardless of their means.

Cookie Walk

Thank you to all the bakers & volunteers!

We brought in \$238 in cookie sales and sold out in 90 minutes.





Wed, Jan 11th
Call office to make
appointment

309-797-0789
Foot Clinic Fee \$30
This is subject to
change
Bring 1 towel



Hosted by Promedica
Thursdays @ 10am

Jan 19th:
"The really Gloomy
days"

Feb 16th:
"I feel guilty for....."



Our hearts go out to
Sue Synowicz and the
loss of her son,
Steven.



Refresher
Course

Mon - Feb 6th
9am - 10:30

No
appointment
needed

LUNCH AT THE MAC ON WEDNESDAYS



Members Only
WEEKLY
LUNCHEONS HELD
ON WEDNESDAYS
\$6.00

JANUARY MENU

1/4 - Grilled Cheese &
Tomato Soup

1/11- Pork Chop Rice
Bake

1/18 - NO MEAL

1/25 - Chicken Stir Fry
W / steamed rice

FEBRUARY MENU

2/1 - Biscuits & Gravy

2/8 - BBQ Chicken
Sandwich w/sides

2/15 - Lasagna

2/22 - Shepherds Pie

MOLINE TOWNSHIP ACTIVITY CENTER

The Messenger ~ JAN & FEB 2023

Business Hours: Mon - Fri ~ 9am - 4pm (309)-797-0789

The Art of Active Aging Starts Here!

From the Desk of Supervisor Bonnie Johnson



The MAC holiday luncheon was so
nice and ran smooth thanks to staff
team work and the following volunteers
& organizations who donated their time
and door prizes.

Thank you: State Representative,
Mike Halpin & team, Friendship Manor,
St. Anthony's Nursing & Rehabilitation,

Beacon of Hope Hospice, Crosstown Square
Independent Living & Fort Armstrong.

Thank you to the Davenport Chordbusters for a
performance full of "Holiday Spirit." A special shout out
to member, Mike Kelley, for all the beautiful table center
pieces and member, John Hendren for sponsoring the
entertainment.

We still have emergency blankets available for those in
need. Please call Moline Township at 309-764-3558.

The MAC is not a site for income tax preparation. Please
don't hesitate to call us for more information. We hope to
have a list of venues for income tax preparation free of
charge to qualifying seniors or you can call 211 (United
Way) and follow prompts.

Best Regards,
Bonnie

HOLIDAY CLOSINGS

Monday, January 2nd

New Year's Day

Monday, January 16th
Martin Luther King Day

Monday, February 13th
Lincoln's Birthday

Monday, February 20th
Presidents Day

The Messenger is brought
to you by: *Roxann
Adamson, Director*
&
Moline Township Board

Bonnie Johnson
Supervisor

Theresa Oak
Town Clerk

Derek Devers
Assessor

Trustees:

Mary Beth Loos
Rand Wilson
Staci Early
Hayleigh Covella